



JOURNALIGHT: THE POSITIVE CHANGE BEARERS

The youth of journalism is here to take charge for the better of today's history. On January 2, 2024 the regional memorandum released a theme for this year's Regional Schools Press Conference (RSPC) which is the "*Charting Truth: Journalism as a Catalyst for Positive Change in the Media Landscape of 2024*". This current theme is different from the rest, but it would also provide positive change for the current chronicles of time.

The Regional Schools Press Conference is a level in a journalism contest that lets students speak their voice with their own perspective about the current news and issues. This concept aims to demonstrate the understanding of students in their different skills, let them speak their social consciousness and environmental awareness and enhance their skills for their future careers.

According to [one of the teachers of the National Council of Teachers of English \(NCTE\)](#) stated to how it is important to give the students the opportunity to talk about social issues, [it can allow students to help themselves when applying to real-world scenarios](#). It also allowed them to give more thoughts on how to provide themselves with what they think that is best for everyone, including themselves, given the opportunity to reflect with their own words. This allows student journalism, or outside the journalism field to expand their knowledge on the current global issues and [it is beneficial for their overall development in their character](#).

Another way of also enhancing education quality is also by listening to the voices of the youth. Based on [ThoughtExchange](#) on July 7, 2023, there are ways to help improve the education system and that is by being open-minded to a student's insights and experiences which can definitely give a positive impact on their education, and can contribute to the school district.

Furthermore, the [Harvard Graduate School of Education](#), even stated that young people have unique views in the world and how the people who lead should welcome these kinds of views, along with wisdom adult perspective brings. They wonder why educational leaders are not asking opinions to these well-informed, innovative and future-focused mindset more often.

Going back to the theme, there it stated that Students are the Catalyst for the positive change in the media landscape, and that is indeed true. [Student journalism does help the media landscape by empowering the citizens of journalism, creating a modern way of sharing the news and making a creative space for campus change.](#) According to a study that began in 2020 during the pandemic, student papers reported that [84 percent at the University of Idaho](#) and [32 percent at the University of Wisconsin-Oshkosh](#) saw the rise of their pageviews. These statistics show how student journalism can indeed inform us what is happening, and make a change every time a student reads it.

Thus, there it states on how it can positively change for the future journalism scope. Follow what every theme states in the following years of every press conference because in every made-up concept, It still does create a huge turn on today's history, and with different meanings and aimings, it still leads to a better future for giving the youth a chance to speak their truth.

CLASSES POSTPONED: ARE THEY BEING OVERDRAMATIC TO THE WORD EXTREME?

Column By: Kay Francine G. Ongsuco

There is no such thing as over dramatic to put the future makers of the world into safety from the dangerous calamities. A news post on youtube by UNTV News on April 2, declared that some of the schools in the Philippines are suspended due to the extreme heat, currently 42 to 51 degrees celsius. It is only right that classes were postponed due to high heat, because this may cause damage to us students' health and can affect our future.

Watch the video for the news.

<https://youtu.be/T4YfyQS4PLY?si=il8zUryBG4TohJBg>

One of the reasons for suspension in the classes is due to the extreme levels of heat in the weather. Suspensions of classes is the best possible solution, what happen in our body is when rapid rises in heat gain due to the exposure of the high levels of temperature and our body's ability is to try and regulate the temperature, which can result in illnesses, such as heat cramps, heat exhaustion, heatstroke, and hyperthermia.

Additionally, not only adults are affected by heat strokes, these kinds of problems also affect children as well. Based on statistics there are more than 50 percent of children who have been affected by heatstroke or sunstroke, and this kind of problem is very serious. These symptoms include hot, flushed skin and over 40.5 degree celsius. This kind of problem is best noticed and therefore, suspensions of classes is the best way to prevent this kind of incident.

Furthermore, there is also a known number of temperatures in the weather that are considered as dangerous to adults, especially to students at young age. According to Healthline, the temperatures between 32 degrees and 40 degrees can cause heat cramps, and temperatures above can cause heat exhaustion, and often heatstroke. Currently the Philippines is experiencing 42 to 51 degrees celsius, which is now considered as dangerous.

Therefore, classes being postponed is the right solution to refrain from negatively affecting the students' health. In terms of events like this that may not happen, let us be the one to put us students to safety for the better of their future, other ways whenever the temperature level increases, best if you shelter your child at home.. It is never overdramatic to postpone days of education for the health of our future makers.

Title: Ten-Dash Line: Stop Drinking Our Waters!

Lead: Why claim our waters when you have your own?

Intro:

What is the issue between the Philippines and China? (Scarborough Shore, where China illegally harvested live sharks, and corals)

When did the west Philippine sea issue start? (April 8, 2012)

Stand: So, this is why China should stop claiming on its own what is ours and not theirs, and how we have the right to fight back.

Intro BG:

History of the Nine-Dash line, and how China claimed that they own the parts of the sea with proofs from their dynasty history

Body 1: Is Nine Dash Line legal? (UNCLOSE)

Body 2: What countries rejected the Nine Dash Line?

Body 3: What is the Arbitral Ruling? (China ignored this ruling)

Body 4: The incident where China waterbombed the Filipino fishermen just for fishing in their own place.

Summary: Therefore, not only what China did was claim our waters, but also our islands, natural resources and threatened us with water bombs which harmed our fellow Filipinos.

Action: This is not right, and what the Filipinos should do is fight back without the answer of war and violence. The Philippines has sovereign right and they should learn to respect that, while we respect theirs too.

Conclusion: China does not have the right to claim and own on what is not theirs to claim, and if this problem isn't thoroughly discussed, this could lead to more serious problems.

#SPORTS

Weightlifter Rosegie Ramos levels up to 2024 Paris Olympics

With the joint power of determination and perseverance, unyielding weightlifter Rosegie Ramos nabbed a spot in the 2024 Paris Olympic as she carved her name as the champion in the women's 49 kilograms Group B Division, with lifts of 87 kg in the snatch and 103 kg in the clean and jerk, adding up to 190 kg overall, during the International Weightlifting Federation (IWF) World Cup.

This achievement was attained with Ramos' active participation in the ongoing Olympic Qualifying Tournament held in Phuket, Thailand. After numerous trials in the five qualification tournaments, she presently holds the eighth rank in the Olympic Rankings.

Behind this notorious success lies a rigorous training regimen she had to uphold, this include lifting barbells more than thrice her weight daily, with the guidance of her coach, Tony Agustin.

Moreover, Ramos along with other athletes, including pole vaulter EJ Obiena, gymnasts Carlos Yulo and Aleah Finnegan, and boxers Eumir Marcial, Aira Villegas, and Nesthy Petecio are gearing up for their upcoming battle bound at the Paris Olympics.

This feat of willpower from Ramos' journey from Zamboanga City to placing a spot in the 2024 Paris Olympic reverberates her resolve and grit in attaining victory, as she continues to push the limited boundaries and continue to inspire future generations of aspiring Filipino athletes.

Barangay Ginebra San Miguel dashes past Magnolia, 87-77

After the forfeiture in the last game against Meralco, Barangay Ginebra San Miguel rules the court as they magnificently recoil back as the champions against the daunting Magnolia with a score of 87-77, progressing their record to 3-1, during the PBA Philippine Cup at the Araneta Coliseum on Easter Sunday, March 31.

Nards Pintoy along with Sidney Onwubre pushes through the extended minutes by bolstering the team with 11 points combined during the match. Tenario also tallied to the score by adding five points to support the team's starters.

Veteran point guard LA Tenorio highlights that the disconcerting defeat to Meralco impelled the team to strengthen their team and fortify their strategies in the next battle. The team sacrificed their long break for an intensive training to boost their attacks and improve their coordination as a squad, together with guidance and support of the team coaches, Olsen Racela, Richard Del Rosario, and Kirk Collier.

Despite facing waves of challenges, the team continues to withhold their stand and showcase the team's unity and purpose through exhibiting their perseverance, hard-work, and preparation.

KANGKONG IS THE KEY: THE RISE OF A STUDENT-ENTREPRENEUR EXTRAORDINAIRE

In the current modern-day society, where various day-to-day challenges and difficulties continue to persist and pester us humans, life calls for a more holistic approach that requires us to strive hard and earn money in order to support ourselves and our loved ones. However, this also marks the rising tide of the youth's innovative ideas that allow them to retain an evolving attitude towards entrepreneurship. In a similar manner, for an eager and ambitious student-turned-entrepreneur like Josh Mojica, he must say: kangkong is definitely the key!

At the ripe age of 17, Josh merely had a humble savings of Php3,000. In the midst of the pandemic and balancing his duties as a student and as a son, he thought of a way he can support himself and his family's financial needs - thus, he entered the bustling realm of business. Never would he have thought that he'd be able to achieve success in a simple water spinach garden.

Kangkong Chips Original, his famously known product; the gateway to his achievements and the fruit of his perseverance. Amidst his brewing career, he was even able to construct a manufacturing factory for it. Amazing, right? His chips have also been recognized by many famous celebrities like Toni Gonzaga and Ogie Diaz. This is definitely no surprise, with the amount of fame that his product has garnered in just a span of 2 years. Furthermore, at present, Josh is earning an outstanding monthly sales of Php200,000. This underscores the evident cultural shift of society and the capability of the youth to utilize their creative ideas into impactful and beneficial opportunities.

From coming up with the logo and packaging to idealizing the ingredients, all of these are rooted to Josh's plans and ideas. In this light, the digital age offers a lot of access to information about entrepreneurship to the youth. This was also a significant factor in Josh's process of coming up with his product - he was aware that using a vegetable that's often disliked in producing a bag of chips would easily capture the attention of many people on the internet, especially those of his age. Hence, his witty, problem-solving mind allowed him to go for an innovative approach, ultimately earning him the financial support and solutions that he needs for the daily challenges in his life.

The intricacy of the story behind Josh Mojica's Kangkong Chips emphasizes the extraordinary ability of humans to seek for innovative solutions in order to thrive. Aside from that, it also highlights the cultural shift in today's society, where simple ideas hold the power to shape our collective future.

PERTUSSIS OUTBREAKS FILIPINO INFANTS

500 cases have been reported across the Philippines, facing a significant outbreak of whooping cough, widely known as pertussis, with infants comprising the majority of affected individuals.

The disease spreads easily through coughing and sneezing, a highly contagious respiratory disease caused by *Bordetella pertussis* bacteria.

Infants, commonly below six months old, are at high risk of complications, including breathing difficulties and pneumonia, with approximately one in 100 cases resulting in death.

Early symptoms include a runny nose, a low-grade fever, and a mild cough lasting up to 10 weeks or more, often accompanied by a characteristic “whooping” noise.

The Department of Health emphasized the preventability of pertussis through antibiotics and vaccination. However, the country's lack of vaccination increases vulnerability.

Furthermore, redistributing vaccine doses and expediting the arrival of additional doses are urgent measures.

The impact of this highly contagious disease predominantly affects infants, which authorizes mobile resources to address community awareness and adherence to preventive measures.

Vaccination and public health vigilance will always be the highlights of addressing this outbreak.

PROACTIVE: GARIN'S SAFETY ADVICE

Soaring temperatures in the Philippines emphasized the critical need for proactive hydration, according to former DOH Secretary and Iloilo 1st District Rep. Jannete Garin.

She pointed out that waiting for feeling thirsty is risky, as heat-induced ailments can occur without noticeable symptoms.

Due to the high index levels that have been warned by meteorologists, it is particularly dangerous, which led to class suspensions in various cities across Western Visayas, posing health risks.

Garin warned about heat-related infections such as cough, fever, and yeast or fungal infections, which can be triggered by perspiration.

She highlighted the importance of self-monitoring for symptoms of prescribed medications.

*speech layout

Carrying water bottles and drinking water should always be prioritized, even at the slightest urge of heat.

However, despite the soaring temperature of the Philippines, Garin's proactive hydration and health monitoring will always be crucial to serving the public's safety in combating summer health risks.

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